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## Getting Started with Olympic Wrestling

**Olympic wrestling** includes two main styles: freestyle and Greco-Roman. Both emphasize takedowns, control, and pinning your opponent's shoulders to the mat. Matches are typically two periods of three minutes each, with points awarded for takedowns, reversals, exposures, and escapes[1] [2].

## Basic Instructions

- Start in a low, balanced stance with feet apart and hands ready to defend or attack[3].
- Move using short, quick steps-never cross your feet.
- Attack by shooting for your opponent's legs (freestyle) or upper body (Greco-Roman), using moves like the penetration step, single-leg, and double-leg takedowns[4] [5].
- Defend by sprawling (kicking legs back and dropping hips to the mat), down-blocking (using hands and head to block shots), and circling away from attacks[3].

## Essential Drills and Exercises

### Technique Drills

- Stance and Motion: Practice moving in your wrestling stance, changing directions, and maintaining balance[3].
- Penetration Step: Step forward with your lead foot, drop your knee between your opponent's legs, and drive through for takedowns[4].
- Sprawling: Shoot legs back and drop hips to defend against shots[3].
- Shadow Wrestling: Visualize and perform moves without a partner to build muscle memory[6].

### Solo Drills

- Shot drills (practicing takedown entries)
- Defense drills (sprawls, down-blocks)
- Hip mobility and stand-up drills for escapes[7]

### Strength and Conditioning

- Pull-ups and chin-ups for upper body strength[8] [9].
- Band-resisted movements and battle ropes for explosive power[8] [9].
- Agility ladder and cone drills to improve footwork[6].
- Olympic lifts (clean and jerk, snatch) to develop total-body explosiveness[10] [11].
- Lunges, jumps, and sled drags for leg power and endurance[8].

### Quick Tips

- Drill basic moves (stance, penetration, sprawl) until they become automatic[4] [5].
- Mix technique work with strength, speed, and agility exercises for well-rounded development[8] [6].
- Watch and learn from top athletes to refine your technique[3] [5].

> “It’s really vital to practice these moves over and over and over again until they become second nature.”[5]

With consistent practice of these drills and exercises, you’ll build the foundation needed for Olympic wrestling success.

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1. https://www.olympics.com/en/news/what-how-freestyle-wrestling-style-rules-scoring-techniques-olympics
2. https://www.nbcolympics.com/news/wrestling-101-olympic-rules-and-regulations
3. https://www.youtube.com/watch?v=yPqVw66hzwA
4. https://evolve-mma.com/blog/10-wrestling-moves-and-techniques-you-should-master/
5. https://www.youtube.com/watch?v=uncfcHheQTM
6. https://fanaticwrestling.com/blogs/news/wrestling-workouts-for-speed
7. https://www.youtube.com/watch?v=UhfCQlQzF1g
8. https://kylehuntfitness.com/jordan-burroughs-wrestling-workout-and-diet-plan/
9. https://www.youtube.com/watch?v=NzL3p4rFQeY
10. https://www.getphysical.com/blog/olympic-weightlifting-in-wrestling-workouts
11. https://www.youtube.com/watch?v=_64Jz92xaAQ